

# Stress Symptom Checklist

Check each item that describes a symptom you have experienced to any significant degree during the last month; then total the number of items checked.

## Physical Symptoms

- Headaches (migraine or tension)
- Backaches
- Tight muscles
- Neck and shoulder pain
- Jaw tension
- Muscle cramps, spasms
- Nervous stomach
- Other pain
- Nausea
- Insomnia (sleeping poorly)
- Fatigue, lack of energy
- Cold hands/feet
- Tightness or pressure in head
- High blood pressure
- Diarrhea
- Skin condition
- Allergies
- Teeth grinding
- Digestive upsets (cramping, bloating)
- Stomach pain, ulcer
- Constipation
- Hypoglycemia
- Appetite change
- Colds
- Profuse perspiration
- Heart beats rapidly or pounds, even at rest
- Use of alcohol, cigarettes, or recreational drugs when nervous

## Psychological Symptoms

- Anxiety
- Depression
- Confusion or spaciness
- Irrational fears
- Compulsive behaviors
- Forgetfulness
- Feeling overloaded or overwhelmed
- Hyperactivity – feeling like you can't slow down
- Mood swings
- Loneliness
- Problems with relationships
- Dissatisfied/unhappy with work
- Difficulty concentrating
- Frequent irritability
- Restlessness
- Frequent boredom
- Frequent worrying or obsessing
- Frequent guilt
- Temper flare-ups
- Crying spells
- Nightmares
- Apathy
- Sexual problems
- Weight change
- Overeating

### Number of Items Checked

- 0 – 7
- 8 – 14
- 15-21
- 22+

### Stress Level

- Low
- Moderate
- High
- Very High